

# Hawaiian Chicken Kabobs

- 1/2 cup ketchup
- 1/3 cup canned pineapple juice
- 1/2 cup packed brown sugar
- 1/2 cup low-sodium soy sauce
- 5 teaspoons minced ginger
- 6 garlic cloves, minced
- 2 tablespoons olive oil
- 2 1/2 tablespoons rice vinegar
- 3/4 teaspoons sesame oil
- 2 pounds boneless, skinless chicken breast, chopped into 1 1/4-inch cubes
- 1 large can pineapple chunks (Use the juice in the marinade)
- 1 large green peppers, chopped into 1 1/4-inch pieces
- 1 large red onion, chopped into 1 1/4-inch pieces

## Instructions

1. Soak 10 wooden skewer sticks in water for 1 hour.
2. In a bowl, mix together ketchup, pineapple juice, brown sugar, soy sauce, garlic, ginger, olive oil, rice vinegar, and sesame oil.
3. Place chicken in a large container and cover with the marinade, reserving 1/2 cup of marinade in refrigerator.
4. Marinate for about 45 minutes. (Tip- don't marinate for more than 90 minutes because the acid in the pineapple juice will break down the chicken.)
5. Assemble your kabobs. Don't let the chicken touch the pineapple when you make the kabobs. You can add onion, chicken, pepper, pineapple, and repeat. I do 3 of each on a skewer.
6. Preheat a grill over medium heat to 400 degrees. Add some reserved marinade along the top of the kabobs and grill for 5 minutes and then rotate them. Brush the remaining mixture over the kabobs and grill 4-5 minutes longer, or until chicken registers 165 degrees in the center on an instant-read thermometer.